In This Issue:
General News ........................................pp 1-2
Seminars & Classes ........................................p 2
Trips & Tours ................................................pp 3-4

About the Front Porch
The Front Porch area of the Golden Community Center offers a special place for active adults. Located on the upper floor of the Center, just off 8th Street, the Front Porch is a perfect place to meet new people, gather with friends, enjoy a cup of coffee, read a magazine, relax and just enjoy “being.” Make a point to stop in, and socialize a bit.

Hours
8 a.m. to 4 p.m. Monday through Friday*
5 to 8 p.m. Monday and Thursday
*Closed at 2 p.m. on Fridays and major holidays due to inactivity.

Staff
Becky Richmond, Guest Services Supervisor
Terry Sanchez, Coordinator
Diane Sauter, Guest Services

Getting the lowdown on the Stranahan’s tour

GENERAL ANNOUNCEMENTS

Game Days
Mondays - Pinochle 12-4:30 p.m.; Social Bridge 5-8 p.m.
Tuesday - Mah Jongg 10:30 a.m.-4 p.m.
Wednesday - Dominoes 12-4:30 p.m.
Thursday - Ladies Pool 10 a.m.-12 p.m.; Mah Jongg 12-4 p.m.

Golden Book Club The group that originated in the Golden Library is moving to the Front Porch. If you are interested in joining, please call 303-384-8130. The group will meet the last Tuesday of each month at 6:30 p.m.

April - "Prodigal Summer" by Barbara Kingsolver, May - "Catherine the Great" by Robert Massie, June - "The Education of Little Tree" by Forrest Carter, July - "A Covert Affair" by Jennet Conant

Can Recycling Keep those cans coming to the center to recycle! Shirley Vincent and Ron Burroughs devote their time to collecting aluminum cans from the Community Center and taking them to the recycling center. The money collected is donated to the Front Porch. Thank you Shirley and Ron!
Celebrate Health! is a monthly wellness program featuring a variety of healthy living opportunities for adults of all ages. The first Friday of each month we offer free blood pressure screenings, healthy refreshments and presentations on a variety of wellness topics. In addition, we offer appointments for chair massages, and hand and foot reflexology for nominal fees. Celebrate Health! is held upstairs at the Front Porch of the Golden Community Center. For more information or to make an appointment for one of our services, please call 303-384-8130.

Celebrate Health Dates - Spring 2013

Fridays: April 5, May 3, & June 7
Chair Massages ....... $13 for 15 min.
Reflexology Sessions
................................ $13 for 15 min.
Call 303-384-8130 to make your appointment.

Celebrate Health Recipe

Mediterranean Quinoa Salad

- 1 cup dry quinoa
- 2 cups water
- 2 cups sliced grape tomatoes
- 1 cup spinach, chopped
- 1/2 cup sliced kalamata olives
- 4 ounces feta cheese (about a half cup)
- 1 tablespoon kalamata olive juice (the brine that olives are jarred in)
- 2 tablespoons extra virgin olive oil
- 2 cloves garlic, minced
- 1 tsp dry oregano
- 1 tsp kosher salt
- 1/2 tsp black pepper
- Combine water and quinoa in a medium sized pot and bring to a boil. Reduce heat to simmer and cook for about 15 minutes, or until the quinoa has absorbed all water. Fluff with fork. To make dressing, combine olive oil, olive juice, garlic, oregano, salt and pepper in a small bowl. Mix well and set aside. In a large bowl, combine tomatoes, olives and spinach. Add quinoa and mix well. Drizzle dressing on top and add feta. Toss everything together. Serve immediately or refrigerate.

SEMINARS & CLASSES

ANGELS EVERYWHERE -
We welcome Sister Georgeann Quinlan, BVM, for "Angels Everywhere," an hour-long program created to raise awareness of the many ways in which angels touch our everyday lives. Thursday, April 11, 1-3 p.m. Please sign up in the Front Porch.

Your Family Matters:
Improving Communication to Prevent Conflict: presented by Ronnie Rosenbaum, MS, Creating Solutions Together. This program focuses on communication between active adults and their adult children. What is conflict and why does it occur? How can we reflect on family conflict, engage in conversation and develop resolutions? Tuesday, June 18, 1-3 p.m. Please sign up in the Front Porch.

FREE! Monthly Health Series
Join us for this special series sponsored by Senior Reach. Sign up for any of these classes in the Front Porch.

April 18 - Generativity: Passing on your Legacy
Thursday, April 18, 1:30-3 p.m.

May 14 - Nurturing the Brain
Improve your mental stability
Tuesday, May 14, 1:30-3 p.m.

Computer Training
for Life-long Learning
These introductory computer classes are presented for FREE by the Jefferson County Public Library. Each class is designed to accommodate all skill levels! Space is limited, sign up in the Front Porch.

Min/Max: 4/8

Mondays, 1 to 3 p.m.
on the E-Train
April 8 - Intro to using a Computer
April 15 - Intro to using the Internet
April 22 - Microsoft Word Basics
April 29 - Email Basics
May 6 - Excel Basics
May 13 - iPad Basics
May 20 - Social Networking Basics
June 10 - Managing your Digital Photos
June 17 - iPad Basics

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TRIPS & TOURS INFORMATION

Registration Information

Registration began on March 1, 2013 for both resident and non-resident participants. Trips and Tours activities will be processed on a first come, first served basis. Registrations are accepted online, by phone or in person. Payment is due at the time of registration.

- Online: Register at rec.cityofgolden.net
- Phone-In: 303-384-8100 Please have class selections and credit card information ready. Visa, MasterCard, Discover, and American Express are accepted.
- In Person: at the Golden Community Center, 1470 10th St. All registrations can be completed at the front desk.

Please refrain from wearing perfume or cologne for the health and comfort of those with allergies, asthma or other health issues. Thank you.

Trips for April

Music at Noon - The Polite Jazz Quartet - #15009-1
http://sjcathedral.org/Music/ConcertsEvents/MusicatNoon.aspx
Bring your own sack lunch and enjoy the St. John's Cathedral Music and Lunch concert in Denver featuring The Polite Jazz Quartet that performs a lot of the old standards as well as some new ones. After the concert we will go to Ziggy's Frozen Yogurt in the Platte river area and stroll the shopping district.

- Tuesday, April 9
- 11 a.m. to 3:30 p.m.
- $11 (van, concert, bring your sack lunch and money for Frozen Yogurt)
- Exertion Level: 2
- Register/Cancel by April 5

Georgia O'Keefe - Denver Art Museum - #15010-1
We will visit the temporary Georgia O'Keefe exhibit on a docent led tour. We will stop for lunch prior to the 1 p.m. tour.

- Wednesday, April 17
- 11 a.m. to 4 p.m.
- $20 (van, entrance into museum)
- Exertion Level: 3
- Register/Cancel by April 11.

West Line Light Rail Station Opening Day Celebration
Experience the new West Line opening day celebration and community party! This is a self guided tour that will utilize the new Golden Community Bus. The bus will pick you up at the 11th Street footbridge by the Clear Creek History Park and take you to the West Line Station for the festivities and to ride the Light Rail for free! There will be stops at each station along the way to Denver where you can choose to get off the rail to view each station. Music & food all along the way!

- Saturday, April 27, 10 a.m.
- Meet at the Clear Creek History Park 11 Street Footbridge parking lot
- Sign up at the Front Porch

Trips for May

Fiesta Colorado at the Broomfield Auditorium -#15012-1
http://www.attheaudi.com
Celebrate Cinco de Mayo at the Culture Feast in Broomfield. Enjoy traditional dances and performances in celebration of this Mexican holiday. We will stop for dinner at a Mexican restaurant prior to the 7 p.m. show.

- Wednesday, May 1
- 4:30 to 9 p.m.
- $11 (van, show, bring money for dinner)
- Exertion Level: 1
- Register/Cancel by April 25.
New Belgium Brewery Tour - #15013-1
www.newbelgium.com
Live storytelling, beer-sampling, art gazing and fun are all part of this enjoyable tour of the New Belgium Brewery, home of Fat Tire Beer. We will have lunch on our way to Ft. Collins and then head to the brewery for our tour and tasting.

Wednesday, May 15
10:30 a.m. to 6 p.m.
$24 (van, tour included, bring money for lunch)
Exertion Level: 4
Register/Cancel by May 9.

Rocky Mountain Arsenal National Wildlife Refuge: Disappearing Treasures: National Eagle and Wildlife Property Repository Tour - #15014-1
This one-of-a-kind facility stores confiscated and illegally imported animal products from U.S. borders and manages the Native American Eagle Feather Program. Space is limited! Sign up quickly!

Wednesday, May 17
9 a.m. to 2:30 p.m.
$11 (van, tour included, bring money for lunch)
Exertion Level: 2
Register/Cancel by May 15.

Trips for June

Cheyenne Mountain Zoo & Will Rogers Shrine - #15015-1
www.cmzoo.org
A leader in captive breeding and animal care, the Cheyenne Mountain Zoo connects people with wildlife and wild places. This zoo not only has amazing animals, but great exhibits and a beautiful landscape to view them. After visiting the zoo, we will drive up to see the Will Rogers Shrine. Be prepared for a lot of walking at higher altitudes.

Monday, June 3
8:30 a.m. to 4 p.m.
$24 (van only, bring money for zoo admission & lunch)
Exertion Level: 5
Register/Cancel by June 30.

Olympic Training Center Tour - #15016-1
View athlete training facilities, including the Sport Center Gymnasiums, weightlifting and wrestling facilities, the USA Shooting Center, Coaching & Sport Science, the Aquatics Center and

Friday, June 14, 9 a.m. to 4:30 p.m.
$26 (van and tour, bring money for lunch)
Exertion Level: 4
Register/Cancel by June 10.

The Denver Center for the Performing Arts Tour - #15017-1
www.denvercenter.org
Back by popular demand! Explore backstage at the Denver Performing Arts Complex, the world's largest performance facility! This four-block, 12-acre site is home to our Theatre Company and Broadway tours plus the Colorado Ballet, Colorado Symphony and Opera Colorado. The 90-minute guided tour takes you backstage, through dressing rooms, into costume and design studios, and on stage. We will have lunch after the tour.

Monday, June 24
9 a.m. to 2 p.m.
$18 (van, tour included, bring money for lunch)
Exertion Level: 4
Register/Cancel by June 20.

Exertion Levels:
Day Trips & Tours
Level 1 = Walking short distances only one or two steps (in and out of restaurant and program location).
Level 2 = Requires some additional walking; minimal steps encountered. (Short tour or to get into program).
Level 3 = Longer periods of walking, mostly on even surfaces. Stairs may be encountered.
Level 4 = Requires extensive walking and/or walking on uneven surfaces. Be prepared to walk up stairs and/or be on your feet for most of the outing. May apply to high altitude situations.
Level 5 = Requires good physical condition and the ability to walk with moderate to strenuous elevation gain. High altitude situations likely.

Please be aware of the noted exertion level and match this with your own ability level to ensure an enjoyable experience.

Our SilverSneakers classes always have the MOST fun!

Sport Medicine. Life-sized figures with narrative panels adorn the Irwin Belk Olympic Pathway and provide information about Olympic and Pan American Sports. 70 percent of the tour is outside, so be prepared for weather.

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